

Dead Prez Lyrics

"Scar Strangled Banner"

Where there's health neglect
There's no self-respect
But what else you expect?
Look how they dealt the deck
We inherited stress
Had to bury our best
Martin, Malcolm X
Bullet holes in they chest
We adapt to the struggle
Only way we survive
Eating scraps from the table
But it kept us alive
Making something from nothing
Still we hope for the best
Making miracles happen, daily coping with less

Scar strangled banner
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Raised in the ghetto
Singing songs – called survival
But eating soul food to
Have you dead on arrival
Hand on the rifle
Other hand on the bible
Strong as an ox
But look at what you put inside you
We resilient beings
Do the silliest things
Know better than you better
Cause that's what experience brings
Break out of jail
But can you break out a sickle cell?
We say we livin well
But we living in hell

We already been to the other side
We ain't turning back, now we choose a lie
To many goodbyes, and that ain't right
We feel it inside, it's time to fight

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We glue to the TV screen commercials in-between
Crack Donalds, Murda King
What happened to eat your greens?
Eatin some or anything, abusing Mary Jane
Chinese chicken wings, everyday hood thing
5 hour energy, red bull and Hennessey
Head bobbin but the organs full of toxicity
Pack a cool menthol, nicotine pit fall
They have the nerve to
Put cool on the pack so they can trick y'all
Slave to the Dutch master
Colon cancer victim
Tell you on the package
But we still blame the system
No squares in my circle
Screw all that sippin purple
I'm tryina live to my potential
Age is just a number
A G preserve his temple
A G control his temper
No discipline, you slippin
No toxins in my kitchen
Slavery is over cousin
But then at lunch it wasn't
If food is the last plantation
Then I'm Harriet Tubman
Advocating colonics
Saving my lungs from chronic
But you can't free a slave
Unless he knows he's in bondage
(You wanna get freaky? Let's go)
You can't free a slave
Unless he knows he's in bondage